

Bree's 2010 Mini-Marathon Training Schedule

Day	Monday	Tuesday	Wednesday	Thurs.	Friday	Saturday	Sun
	Stretch & Strengthen	Run 1 (Intervals 2nd half)	Run 2 (or Cross)	Run 3 & Strength	Rest	Long Run	Cross
Week 1: January 18-24	S/S	3 miles	2 miles or cross	3 miles & S	Rest	"Bop"; 4 miles	Rest or cross
Week 2: January 25-31	S/S	3 miles	2 miles or cross	3 miles & S	Rest	4 miles	Rest or cross
Week 3: February 1-7	S/S	3 miles	2 miles or cross	3 miles & S	Rest	4 miles	Rest or cross
Week 4: February 8-14	S/S	3 miles	2 miles or cross	3 miles & S	Rest	5K RACE (3.1m)	Rest or cross
Week 5: February 15-21	S/S	3 miles	2 miles or cross	3 miles & S	Rest	5 miles	Rest or cross
Week 6: February 22-28	S/S	3 miles	2 miles or cross	3 miles & S	Rest	6 miles	Rest or cross
Week 7: March 1-7	S/S	3.5 miles	2 miles or cross	3.5 m & S	Rest	10K RACE (6.2m)	Rest or cross
Week 8: March 8-14	S/S	3.5 miles	2 miles or cross	3.5 m & S	Rest	7 miles	Rest or cross
Week 9: March 15-21	S/S	4 miles	2 miles or cross	4 miles & S	Rest	8 miles	Rest or cross
Week 10: March 22-28	S/S	4 miles	2 miles or cross	4 miles & S	Rest	9 miles	Rest or cross
Week 11: March 29-April 4	S/S	4.5 miles	3 miles or cross	4.5 m & S	Rest	7 miles	Rest or cross
Week 12: April 5-11	S/S	4.5 miles	3 miles or cross	4.5 miles	Rest	15K RACE (9.2m)	Rest or cross
Week 13: April 12-18	S/S	5 miles	3 miles or cross	5 miles & S	Rest	10 miles	Rest or cross
Week 14: April 19-25	S/S	5 miles	3 miles or cross	5 miles & S	Rest	11 miles	Rest or cross
Week 15: April 26-May 2	S/S	5 miles	3 miles or cross	5 miles & S	Rest	12 miles	Rest or cross
Week 16: May 3-May 8	S/S	4 miles	3 miles or cross	2 miles	Rest	RACE DAY!	ZZZZZZZZZ